BREAKING NEWS
AM980.ca
NEWS TALK SPORTS

REEL INSPIRATION
KINGSLEY PLAYS ONE OF SILENT CINEMA'S GREATS {page 9}

OH NO, J.LO

PLEASE PUT SOME PANTS ON AND PARK THE CAR {page 10}

LONDON metro®
Tuesday, November 22, 2011
www.metronews.ca
News worth sharing.

Crosby. Returns

▶ Sidney Crosby of the Pittsburgh Penguins celebrates his first-period goal against the New York Islanders in Pittsburgh last night. It was his first NHL outing in more than 10 months as he recovered from a concussion. Crosby, named first star of the game, finished with two goals and two assists as the Penguins beat the Islanders 5-0. More coverage, page 17.

GENE J. PUSKAR/THE ASSOCIATED PRESS

The Kid lives up to great expectations

Camera plan fails to click

Coun. Joni Baechler and others say they would rather spend money to hire more police

ANGELA MULLINS
@METRONEWS.CA

A plan to put surveillance cameras in the Old East Village is shuttered for the time being. City council voted 8-6 yesterday to refer the proposal back to committee so the cost can be analyzed. The cameras — planned for Dundas Street between Adelaide and Rectory — would cost $100,000 to install and $40,000 a year to maintain.

Members of the community and neighbourhoods committee narrowly approved moving ahead with the plan last week. Coun. Stephen Orser called last night's decision a setback but vowed to continue lobbying for cameras in his ward to combat rising crime.

"My concern with referral is the service review committee has a checkered past of not being able to get a quorum," Orser said, explaining that could mean more delays.

Coun. Nancy Branscombe, who proposed the referral, also asked that city staff develop a broader action plan for dealing with crime east of Adelaide Street.

"I believe that to make a big impact we're going to have to take an integrated approach," she said, noting that she supports the cameras in principle. But, she said, "four cameras aren't going to do the job."

In other action

- **London city council voted 14-0** in favour of drafting a bylaw banning shark-fin products;
- **voted 14-0 to require council** members to inform colleagues when they are planning trips on city business; and
- **approved an eight per cent** increase to the 2012 water budget and a seven per cent increase to the wastewater and treatment budget.

Rippers hit council agenda

City officials had a lengthy discussion last night about the legalities of ousting the London Rippers from Labatt Park.

The closed-door talks ended with councillors voting 7-6 to refer the issue back to administrators for ongoing discussions. Some said they want administrators to remind David Martin that his licensing agreement with the city requires advertising that's "family-oriented" and not "demeaning or derogatory."

Most councillors agree the team name and logo mimic notorious serial killer Jack the Ripper.

ANGELA MULLINS

1 news

Longtime Liberal Dave Levac's experience as school principal may come in handy in his new role as chief political referee in the Ontario legislature. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing

Follow us on Twitter @themetrolondon

Pumped with empowerment

- Students in grades 6-8 challenged to take what they learn and hit the streets
- Messages taught during conference recorded, will be shared with world on YouTube

ANGELA MULLINS/METRO

▶ Members of the Social Change Team at Clarke Road Secondary School dance yesterday as a new take on a school assembly gets ready to start. The secondary school played host to TEDx Bonaventure, an event meant to teach Bonaventure Meadows students about facing adversity and spreading that message in the community at large.

ANGELA MULLINS
@METRONEWS.CA

Derek White didn't want to organize just another school assembly about beating the odds and overcoming adversity.

Instead, he wanted to motivate the youths he teaches into action.

With that idea in mind, White launched yesterday's TEDx Bonaventure — challenging Bonaventure Meadows students to take what they learned from a series of motivational speakers and spread the messages in their community.

The event was organized — along with more than 100 others like it worldwide — to mark Universal Children's Day.

"The theme is 'Get back on your horse' … (and) the idea is giving students tools to face adversity," White said. "As kids get older and they face different obstacles … it's important for them to realize that it's not how hard they get knocked down, it's how quickly they get back up."

Presenting the lessons in a TED format seemed a natural fit, since the acronym has become synonymous in some circles with spreading information.

The acronym stands for technology, entertainment and design, and the idea got its start in the mid-1980s when a non-profit pulled experts from those three fields together for an exchange of ideas.

Since then, the format has branched out with people taking on many topics but operating under TED's motto: Ideas worth spreading.

Yesterday's message is one that's definitely worth passing on, said Samantha Wreaks, 14, a Grade 9 student at Clarke Road Secondary School.

Samantha helped organize TEDx, which was hosted at her school. If nothing else, she wanted students to walk away with a sense of empowerment, a positive attitude and ideas about goals they'd like to set.

"A lot of kids do struggle (with those issues)," said Samantha, a member of her school's Social Change Team. "This is something that can help."

Rights of a child

- Universal Children's Day designates the day on which the United Nations adopted its 1959 Rights of a Child declaration.
- UN signed the1989 treaty spelling out children's civil, political, economic, social, health and cultural rights.

News in brief

Get ready to Rundle with pres

Fanshawe College president Howard Rundle holds the first annual President's Breakfast this morning at the London Convention Centre from 7:30 to 9. Rundle will share his views on the role of Fanshawe in building a new economy. Tickets are $20, available at fanshawec.ca. METRO

Management co. makes donation

Obsidian Group Inc. announced a $250,000 donation yesterday to the Access Cancer Therapies Now fund at London Health Sciences Centre's regional cancer program.

The goal of ACT Now is to improve patient survival and quality of life by helping to cover the costs of novel treatments for cancer in London.

Obsidian Group Inc., which includes restaurants such as Crabby Joe's and Coffee Culture, is headquartered in Mississauga and was founded by the Karamountzos family from London. METRO

Harvard prof to speak at UWO

Lawrence Summers, former U.S. treasury secretary and president emeritus of Harvard University, is set to visit the University of Western Ontario's fourth Beattie Family Business Law lecture.

The free event features an hour-long conversation between Summers and Reuters News global editor-at-large Chrystia Freeland, discussing economic, legal and media issues. The event is scheduled for 5 p.m. today at Western's faculty of law, Josephine Spencer Niblett Law Building, room 38. METRO

Leadership event features Dudley

Emerging Leaders presents Drew Dudley as part of its free Leadership London Series (leadershiplondon.ca) on Thursday.

An educator and curriculum developer for organizations around the world, Dudley is the founder of Nuance Leadership Inc. His talk is titled Redefining Leadership and the Secret of Lollipop Moments.

The event, held in the lecture theatre of the London Convention Centre, begins at 5 p.m. with a networking portion, followed by Dudley's talk and a question-and-answer session. METRO

Cashing. In

▶ Errol Cowan, a buyer with the Great Canadian Roadshow, left, talks yesterday with Chris Clements, 45, of Ingersoll, about items he brought in for appraisal. The sports cards, silver dollars and a silver ladle Clements had on hand weren't worth much but even the slightest chance of being able to rake in the big bucks was enough to bring him out.

ANGELA MULLINS/METRO

Hoping for a big sale at roadshow

The Great Canadian Roadshow is at the London Days Inn at 1100 Wellington Rd. S. through Friday, giving people a chance to cash in on things that may be taking up space in their basements. Appraisers are available from 9 a.m. to 6 p.m. through Thursday and from 9 a.m. to 4:30 p.m. on Friday.

Fair aims to bring people down to earth

- **This weekend's Sage Fair will be chock full of workshops, vendors**
- **Full schedule is available by visiting sagefair.com**

ANGELA MULLINS
@METRONEWS.CA

Forget about cotton candy, thrill rides and livestock.

London's newest fair is all about honing in on your mind, body and spirit.

Sage Fair, which opens Friday at Western Fair District, is, in essence, a bohemian marketplace with 50 vendors offering up everything from yoga sessions to eco-friendly cleaners.

"Our goal is to honour the Earth," co-founder Valerie Nicholson said. "It's all local vendors that you wouldn't come across on your own."

Nicholson, an Ottawa native living in Burlington, and her business partner stumbled on the idea while organizing traditional job fairs. They liked the idea of working with vendors but wanted to find a way to let their spiritual sides shine.

From that, Sage was born.

"About a year ago … we just started kind of … meeting people and building contacts," said Nicholson, who named the fair after her daughter.

The women now have a database of about 1,600 eco-friendly businesses based in Toronto and London. The GTA vendors will have their chance to meet the world when Sage launches next spring at the Sony Centre.

Toronto was a natural choice for staging the event since the city's already home to a variety of eco-fairs. But pulling the event off in London isn't a far-flung idea, said Nicholson, whose husband grew up in the Forest City.

"London has an amazing community for this, and they have a lot of community resources.… We just found more and more amazing things there," Nicholson said. "It's time for (London's eco-friendly) culture to come out in the public."

The ins and outs

- **When:** 5 p.m. to 9 p.m. Friday; 10 a.m. to 6 p.m. Saturday; noon to 5 p.m. Sunday.
- **Where:** Canada Building, Western Fair District.
- **Price:** $8 for adults, $5 for students and seniors, free for kids 12 and younger. Workshops included with admission.
- **Giveaways:** Like the event on Facebook for a chance to win free tickets. The first 300 people through the doors each day will get goodie bags.

Construction halted on generating station: Liberals

Electricity prices will be driven even higher in Ontario because of the Liberal government's decision to scrap a gas-fired generating station in Mississauga to save Liberal seats, the opposition parties charged yesterday.

Premier Dalton McGuinty did an about-face in the middle of the Oct. 6 election campaign and announced the government would stop the gas plant and move it elsewhere, but construction at the site has continued for another two months.

Even though the uncompleted plant is now several stories high, construction will stop immediately, Energy Minister Chris Bentley announced yesterday.

"This is good news. This fulfils the commitment that we made to the residents of Mississauga and Etobicoke."
ENERGY MINISTER CHRIS BENTLEY

THE CANADIAN PRESS

Hitting the runway for Animal Rescue

Fanshawe College fashion-merchandising students are holding a charity fashion show Friday at the Highland Golf and Country Club at 1922 Highland Heights. Proceeds from Fashion for Paws will go to the Animal Rescue Foundation and CanFix.

Retailers Frilly Lizard, Commander Salamander and Lolita are involved in the show, as is as Anita Norris Models. Also hitting the runway: dogs and puppies that have been rescued and are now living with responsible owners.

Fashion for Paws gets underway Friday with cocktails at 7 p.m. and the show at 8 p.m.

Tickets are $25 and available at Fanshawe College Biz Booth, Frilly Lizard, Lolita and Commander Salamander.

The Animal Rescue Foundation and CanFix have given thousands of dogs and cats homes in the past few years.

METRO

Rotman named Western's chancellor

Canadian businessman and philanthropist Joseph L. Rotman has been named the 21st chancellor of the University of Western Ontario.

Rotman, whose term begins July 1, will be officially installed at the Autumn Convocation on Oct. 25, 2012, and serve a four-year term through 2016. He will succeed John Thompson, who has served the university since 2008, and whose term ends June 30.

METRO

Jann Arden coming to RBC Theatre

Canadian singer-songwriter Jann Arden is coming to London. Arden and guests will appear at the RBC Theatre in the John Labatt Centre on Wednesday, March 7.

Tickets for the 8 p.m. show go on sale Friday at 10 a.m. They're available by phone at 1-866-455-2849, or at the JLC box office, Masonville Place, Fanshawe College Biz-Booth, the Bookstore at Western and Books Plus. Or visit johnlabattcentre.com.

METRO

Judge says Occupiers have to leave park

Putting up tents or being in Toronto's St. James Park between midnight and 5 a.m. violates bylaws Some protesters plan to peacefully resist

NATHAN DENETTE/THE CANADIAN PRESS

▶ City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

Allowing Occupy Toronto protesters to remain in a downtown park would amount to supporting anarchy, something Canadians have rejected, a judge ruled yesterday in upholding the city's trespass by-law.

There was no immediate word on when the demonstrators might be evicted or whether they would appeal the ruling, but the city's mayor said the protesters should get out of the park immediately.

"We've asked the protesters to leave as soon as possible," Mayor Rob Ford told a news conference.

"We'd appreciate their co-operation."

Within hours and to the jeers of protesters, bylaw officers under the watchful eye of police went tent-to-tent as they did a week ago to issue eviction notices. There was some pushing and shoving but no incidents.

Insp. Gary Meissner said it was too early to know whether stronger measures would be required.

"I'll rely on the good judgment of people here and I'll see if they comply with that first," Meissner said.

"I won't make that decision until I see what's remaining."

"Anarchism has a long political history. But Canada has not chosen anarchism."
ONTARIO SUPERIOR COURT JUSTICE DAVID BROWN

In a 54-page decision, Ontario Superior Court Justice David Brown upheld the city's trespass by-law as a "minimal" and "reasonable" infringement on the demonstrators' freedom of expression.

No concrete plan emerged from a noon-hour "general assembly" but protesters appealed for support, calling on people to come down to the park for a late-afternoon rally.

Some protesters said they would defy any attempt to remove them, while others did not want to risk a confrontation with police.

THE CANADIAN PRESS

Vancouver protesters rush to remove tents

PHYLICIA TORREVILLAS IN VANCOUVER

The Occupy Vancouver encampment is slowly dwindling down.

Demonstrators were hard at work yesterday dismantling tents and sending structures to storage to meet a court-ordered 2 p.m. deadline to have structures off the site.

A big moving truck was parked at the Vancouver Art Gallery lawn, and occupiers were loading wooden structures onto it. Some were picking up garbage, hauling pallets and others packing up their gear.

Occupier Suresh Fernando told reporters during a press conference yesterday morning that they vow to keep the Occupy movement alive through "flash occupies" at buildings and parks throughout the city, but would not say when or where they'll be.

Activist Eric Hamilton-Smith also challenged the federal, provincial and municipal governments to match the services the Occupy camp has provided.

Occupy Vancouver will continue to hold general assemblies every night at 7 p.m., Hamilton-Smith added, but it is still unclear where.

PHYLICIA TORREVILLAS/METRO

▶ Occupy Vancouver campers take down a geodesic dome yesterday as they rushed to meet judge's orders to take down the tent city by 2 p.m.

We paid $1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost $2 million — including more than $1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included $500 to remove a small light fixture from one room and $3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included $1,540 to move furniture in rooms used by the German delegation and $1,650 to remove a king-sized bed and headboard from a room used by the French delegation. THE CANADIAN PRESS

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the $1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the $95,000 worth of renovations to office spaces were detailed.

PRISON PROBLEM

Unwanted friend requests

Lisa Gesik hesitates to log into her Facebook account nowadays because of unwanted "friend" requests, not from long-ago classmates but from the ex-husband now in prison for kidnapping her and her daughter.

Neither Gesik nor prison officials can prove her ex-husband is sending her the messages, which feature photos of him wearing his prison blues and dark sunglasses, arms crossed as he poses in front of a prison gate.

"It's just being victimized all over again," she said.

Across the U.S. and beyond, inmates are using social networks and the growing numbers of smartphones smuggled into prisons and jails to harass their victims or accusers and intimidate witnesses.

THE ASSOCIATED PRESS

Man jailed for pouring water on bus driver

A 20-year-old man is looking at more than a month in jail after dumping a bottle of water on a Toronto bus driver.

The Toronto Transit Commission says the man got into an argument with the bus driver over a fare on Nov. 13.

The man poured the contents of a water bottle over the driver's head and then pushed him. Taiseer Abubakar pleaded guilty to all charges and was sentenced to 36 days in jail.

THE CANADIAN PRESS

Two face court for selling lost puppy

Two women are due in court early next month after a dog that had been reported lost in Peterborough, Ont., was sold through an Internet site. Police say a boxer puppy missing from a Peterborough home was later found by one of the suspects who placed an ad on Kijiji to sell the dog.

An Ajax resident bought the dog for $350.

The dog has since been recovered and returned to its rightful owner.

THE CANADIAN PRESS

Canada adds to Iran sanctions

Britain cuts financial ties with Iranian banks
Curbs aimed at preventing Tehran's nuclear goals

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes to isolate the regime and to minimize the risk that it poses to global peace," he said.

In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act, aimed at restricting Iran's nuclear program.

A U.S. official told The Associated Press earlier yesterday the Obama administration would hit the Iranian economy with new sanctions.

The official said the financial and energy sanctions would target Iranian companies, the hardline Revolutionary Guard and Iran's petrochemicals sector. THE CANADIAN PRESS

United front

- Canada once again followed the U.S. and Britain by slapping sanctions last month on five Iranian nationals accused of plotting to kill the Saudi Arabian ambassador to the United States.
- The three countries froze the individuals' assets and prohibited Canadians from having financial dealings with them.
- They include Manssor Arbabsiar, an American who also holds Iranian citizenship, and Ali Gholam Shakuri, said to be a member of a special unit of Iran's Revolutionary Guard.

EU plans to ban shark finning

The EU's executive arm yesterday said that it wants to completely ban shark finning — the practice of removing sharks' fins and throwing the finless creatures back into the sea to die.

Under the proposal approved by the European Commission, all boats in EU waters — and EU-registered boats anywhere in the world — would have to land sharks with their fins attached. THE ASSOCIATED PRESS

27

To become law, the proposal must also be approved by the European Council — the 27 EU heads of government — and the European Parliament.

▶ Protesters carry a boy wounded during clashes with Egyptian riot police in Cairo's Tahrir Square yesterday.

EGYPTIAN CABINET QUITS

PROTESTERS STILL WANT MILITARY OUT OF POWER

Egypt's army-appointed government handed in its resignation yesterday, trying to stem a spiralling crisis as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 24 people and posed the most sustained challenge yet to the military's rule.

The crowds in Tahrir broke out into cheers with the news of the cabinet's move. But there was no sign the concession would break their determination to protest until the military steps down. THE ASSOCIATED PRESS

NEW plans! No long distance charges in Canada.
A SALE as hot as my buns.
$25 + $25
off select Android™ phones.
bonus gift with all Android™ phones.¹
Samsung Galaxy Ace
Offer ends December 1, 2011.
koodo mobile
Good call

BEST BUY · FUTURE SHOP · Walmart

(1) Bonus gift will vary by store location. See store for full details. On new activations only; while quantities last. Android is a trademark of Google Inc. Use of this trademark is subject to Google Permissions.

koodo shop

Bowmanville Mall
Bramalea City Centre
Burlington Mall
Cambridge Centre
Centerpoint Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Breast-screening guides revamped

Doctors now say women in their 40s should not have routine mammograms False positives feared

Most women in their 40s should not have routine mammograms and those 50 to 69 can wait slightly longer between the tests than previously recommended, updated Canadian breast-cancer-screening guidelines advise.

And for the first time, the Canadian Task Force on Preventive Health Care that developed the guidelines says that women aged 70 to 74 should be getting mammograms on the same schedule as those 50 to 69.

The revamped guidelines, published yesterday in the Canadian Medical Association Journal, apply to women with an average risk of developing the disease — no previous breast cancer, no history of the disease in a first-degree relative like a mother or sister, no known BRCA genetic mutation and no previous exposure to radiation of the chest wall.

In its previous set of guidelines penned in 2001, the expert panel made no recommendations for average-risk women in their 40s as to whether they should have routine screening or not.

"Before, there was no recommendation for or against, and clinical practice followed that lead," said task force chair Dr. Marcello Tonelli of the University of Alberta. "Most organized screening programs don't recruit women aged 40 to 49 years as a result.

"The biggest change of all is probably in the way in which we frame all of our recommendations, that breast cancer screening has risks and it has benefits."

In the 2001 guidelines, women 50 to 69 with an average risk of breast cancer were advised to have mammography every two years. But the new guide extends that period, saying such tests can be done every two to three years.

THE CANADIAN PRESS

Magic. Material?

▶ Scientists claim this is the lightest material in the world ... and it's metal. And being roughly 100 times lighter than Styrofoam, it can float on dandelion fluff.

HRL LABORATORIES/LLC/DAN LITTLE

Not all metal is heavy

So how did they make it? "The trick is to fabricate interconnected tubes with a wall thickness 1,000 times thinner than a human hair," says Dr. Tobias Schraeder. The material is composed of 99.99 per cent air and 0.01 per cent solids.

$100,000 for clean shampoo bottle

Authorities have compensated an Australian man $100,000 after he was wrongly accused of trying to smuggle drugs into the country in bottles of shampoo.

Neil Parry spent three days in jail last year after he was arrested at Darwin Airport and accused of trafficking liquid ecstasy.

But his two bottles of Pantene Pro-V shampoo and conditioner contained only what the labels said.

Australian Customs and Border Protection said in a statement yesterday that there were "mistakes made during the presumptive testing of Mr. Parry's goods" and additional procedures have been introduced when conducting drug tests.

THE ASSOCIATED PRESS

Congratulations to...
2011 HEALTHY LIVING CHAMPIONS AWARD WINNERS
This award recognizes elementary schools in London and Middlesex that demonstrate a commitment to engaging children and youth in healthy eating and physical activities throughout the school year.
GOLD
SILVER
BRONZE
London Life
HEALTH UNIT

School setting up homophobia chair

Montreal will be getting North America's first research chair on homophobia, with the Université du Québec à Montréal planning to study its impact on mental, physical and sexual health.

The program will receive a $475,000 grant from the Quebec government, Premier Jean Charest announced yesterday.

The project will benefit from the work of 20 researchers, coming from a handful of Quebec post-secondary institutions.

The university has also received private donations and there are plans to do corporate fundraising — as well as asking for a federal contribution.

The announcement comes a month after the suicide of Ottawa teenager Jamie Hubley, whose death prompted a national conversation on homophobic bullying.

"The most recent statistics paint an alarming portrait," said provincial Justice Minister Jean-Marc Fournier.

"We can see that homosexual people are almost three times as likely to become victims of a violent crime as heterosexuals.

"One gay or lesbian person out of two has suicidal thoughts because of the homophobic violence at school. Elderly gay and lesbian people fear going into a residence, out of fear they'll have to hide their sexual orientation."

THE CANADIAN PRESS

RUST CHECK
Beat the rusties, add years of life to your vehicle!
1890 Cheapside St.
(519) 452-4821
CHEAPSIDE auto care
$10 Bonus Bucks
Get $10 off the regular price of a rust check application. Offer expires January 1, 2012.
CALL TODAY FOR AN APPOINTMENT (519) 452-4821

Mortgage investigation widening

A criminal investigation into mortgage swindlers who lured their victims with deceptive online ads is growing in scope.

A U.S. government agency overseeing the investigation said yesterday that 125 alleged scams have been shut down. That's up from 85 closures last week when the crackdown was announced.

THE ASSOCIATED PRESS

Canadians overworked, out of balance: Study

Heavy workload complaint up 25 per cent from two years ago Firms looking at cash rewards for fitness

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive-workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study says.

Mental health conditions ranked as the top cause behind short-term disability claims in Canada at 83 per cent, researchers found. Next were back and other musculoskeletal issues at 76 per cent, followed by accidents at 37 per cent. Similarly, mental health conditions featured in 85 per cent of long-term disability claims, followed by musculoskeletal issues at 76 and cancer at 63 per cent.

The survey was completed by 335 human resources and health benefit managers at companies with 1,000 or more employees. The responders represent 7.8 million workers in all major industry sectors, Towers Watson said.

TORSTAR NEWS SERVICES

OIL SPILL

Brazil sets hefty fine for Chevron

Brazil's environmental agency said yesterday it will fine Chevron nearly $28 million US for a continuing oil spill off the Rio de Janeiro coast.

The agency said that it will fine the oil company the maximum 50 million reals allowed under current Brazilian law.

Environment Minister Izabella Teixeira added that as an investigation continues, Chevron could face "five or six" other fines if more infractions are found. It may also be asked to pay for other damages.

Teixeira and other officials said Chevron hid information about the extent of the spill from the government, took too long to begin cleanup operations and didn't have the proper equipment to contain the leak.

Chevron Corp. officials have accepted responsibility for the spill but reject these accusations.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 107.76 (11,784.68,)	- 0.99¢ (96.36¢ US)
Oil	**Natural gas**
- $0.75 US ($96.92 US)	$3.399 (- 8.3¢)
	Gold
	$1,678.60 (- $46.50)

Hugh Grant points finger at tabloid press for hacking

Actor Hugh Grant told a London courtroom yesterday about the dark side of celebrity life, describing mysterious break-ins, leaked medical details and hacked voice mails — and laying blame on the entire tabloid press, not just the now-shuttered News of the World.

Grant's testimony to a judge-led media ethics inquiry capped a tough day for Britain's beleaguered press. Earlier, the parents of a murdered schoolgirl, whose phone was targeted by the tabloid, described how the hacking had given them false hope that their daughter was still alive.

Grant said he believes his phone was hacked by Britain's Mail on Sunday tabloid — the first time he has implicated a newspaper not owned by media mogul Rupert Murdoch in the wrongdoing.

THE ASSOCIATED PRESS

60 seconds

▶ Album cover of Il Vero Amore

BERLUSCONI RELEASES ALBUM OF LOVE SONGS

'IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kick-starts a new career by going back where it all began: the music industry.

All the 11 "elegant and refined songs" in his newest release Il Vero Amore (True Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits, "people look at me as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect.... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti but you are friends with Berlusconi, people look at you as you were a "chiavica" ("rubbish").

Your music career owes a lot to Mr. Berlusconi: aren't you afraid that it will fade away with his political adventure?

I don't believe he will ever quit his political career. He's not a quitter, he cannot stand inactivity.

½ Price Hearing Aids

There has never been a better time to do something about your hearing loss. Only until December 15, when you purchase one hearing aid at Trillium Hearing you will receive the second at ½ price!*

- Offer applies to all price levels
- Includes 3 month trial period & 3 year warranty
- Audiologist – Gail McHardy-Leitch

Call today to book your free test and consultation

Trillium HEARING CENTRE

1355 Huron St.
(Huron at Highbury beside Shoppers Drug Mart)
519.455.7700

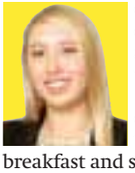
*See clinic for details

Visit Trillium Hearing Centre. Our experienced hearing care professionals are eager to help you hear and communicate better for an improved quality of life.

SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO



In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than $6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over $20 for deconstructed French toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

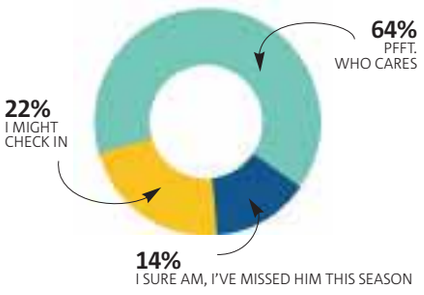
Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Local tweets

- **@Dan_ONeail:** All I want for Xmas is world peace or an iPad. If my wife gives me the first one I admit I will be a little put out. #ldnont
- **@gordonsgold:** How do you feel about snow #LdnOnt?
- **@FoodDrunkLondon:** Xmas lights up "check", xmas tree up "check", xmas shopping *almost done* "check", hello christmas! #ldnont #cdnpoli #xmas
- **@jay_gilbert:** I am in line at the #ldnont airport security but not because it's busy. It's not open...
- **@HeatherDTrott:** It's that time of year again already! The lighting of the lights at Victoria Park is this Friday! Where did the year go? #ldnont #ldnevnt
- **@kylemilec:** Is it just me or does a beard and a toque scream 99%? Guess who is clogging #fanshawe's hallways!
- **@GrantNuttall:** Everytime I walk across the University Dr bridge I wonder how many BlackBerrys are at the bottom of the Thames #uwo #knockonwood

Worth Mentioning

RESTROOM LAURELS. Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS

photo of the day

▶ This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS

▶ KJ with his monster truck.

UNCLE TOD'S MOTORSPORTS, INC./THE ASSOCIATED PRESS

metro
METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • Distribution: london_distribution@metronews.ca • **Publisher** Irene Patterson, **Managing Editor** Jim Reyno, **Sales Manager** Charlotte Piper, **Distribution Manager** Rob Delvallet • **METRO CANADA: President & Publisher** Bill McDonald, **Vice-President, Marketing and Interactive** Jodi Brown, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem

Kingsley keeps it simple

Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D

HANDOUT

Sir Ben Kingsley plays Georges Melies, one of the world's first filmmakers, in Hugo.

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's Shutter Island and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In Hugo, Kingsley plays one of the world's first filmmakers, Georges Melies, who directed A Trip to the Moon and hundreds of other silent films in the early 20th century. Kingsley gave Metro a few moments of his undivided attention to chat about the 3D filmmaking of Hugo and his upcoming film, The Dictator.

George Melies' film A Trip to the Moon is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was The Trip to the Moon because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3D for Hugo affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

On the set of Hugo you were known for staying in character as Melies in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (Hugo) and Chloe Grace-Moretz (Isabelle) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it. I started speaking to both [Moretz and Butterfield] in French. I found it really fed the work so that by the time, whenever Marty said 'action' to Asa, he was already dealing with me.

Sacha Baron Cohen co-stars with you here, but you'll also appear alongside him in The Dictator. Tell us about your character in that film.

It was either like being on a Chaplin set or a Marx Brothers set with that great genius pouring out of the central character. Everyone has their function. Mine, thank goodness, was the straight man because to try to be funny around Sacha is suicidal. You're never going to match up to that. My comedy lay in deadpan. He plays a dictator — recognizable, very bizarre. He invented this two years before [the Arab Spring] started. I play his head of security and procurer of women, straight-faced. I loved working with him. It's very timely.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Super 8
Genre: Sci-Fi
Director: J.J. Abrams
Stars: Elle Fanning, Amanda Michalka, Kyle Chandler
½

Is it possible to be fake and sincere at the same time?

J. J. Abram's Super 8 pays homage to the popcorn pics Steven Spielberg (who gets a producer credit here) cranked out a few decades back. It's also a grab bag of pop cult references (think Lost, Twilight Zone, Aliens, The Goonies, Gremlins).

Super 8 is set in 1979 in fictional Lillian, Ohio, where a group of kids making a home movie witness a spectacular — and suspicious — train crash.

A mysterious "whatsit" aboard the train escapes, and U.S. Air Force goons set about brutally finding it. Abrams' casting is impeccable.

Joel Courtney and Elle Fanning make cute as Joe and Alice, young huggers brought together by danger, MIA moms and duelling dads. Riley Griffiths plays an amusing Charles, the junior filmmaker of the title.

And Kyle Chandler evokes a younger, leaner Alec Baldwin in his role of the deputy sheriff.

Abrams has learned well from the master, Spielberg. But in the end, its calculating manner, with every element weighed for maximum nostalgia value and ironic hipster cred, leave the film feeling artificial.

PETER HOWELL

2 scene

Scene in brief

Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Herzog's Into the Abyss, Morris' Tabloid, Spurlock's The Greatest Movie Ever Sold and James' The Interrupters did not make the short list of 15 documentaries eligible for the feature-length prize at the Feb. 26 Oscars. Among the films that made the list, released Friday by the Academy of Motion Picture Arts and Sciences, are: Joe Berlinger and Bruce Sinofsky's Paradise Lost 3: Purgatory; Wim Wenders' Pina; the Harry Belafonte profile Sing Your Song; and Project Nim, directed by Oscar winner James Marsh (Man on Wire).

THE ASSOCIATED PRESS

Enthused by 3-D, Martin Scorsese learns to see in a new dimension with Hugo

Dear JLo: Please put your pants back on

We have seen enough to know that we have seen too much

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jennifer Lopez is ridiculous.

I put up with her Fiat commercials. I admit I was a little thrown when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

ALL PHOTOS GETTY IMAGES

▶ It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

She is acting like a slutty reality TV contestant instead of the true star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

▶ Jessica Biel and Justin Timberlake

What's the Biel with Timberlake?

Jessica Biel and Justin Timberlake continue to stoke rumours that they're back together.

The pair reportedly stuck by each other's side at a dinner Biel hosted recently at the Chateau Marmont, according to People magazine.

Biel and Timberlake sat together, shared food and were "very sweet" to each other during the intimate dinner, sources say.

METRO

ROGERS

LONDON

Wireless Express
981 Wellington Rd. S
(519) 686-2084

Wireless Express
3039 Wonderland Rd. S, Unit C
(519) 691-0876

Wireless Express
320 Clarke Rd., Unit B2
(519) 457-7367

Wireless Express
595 Fanshawe Park Rd. W, Suite D
(519) 473-7379

355 Wellington Rd. S
(519) 858-3740

ROGERS plus

LONDON

Westmount
Shopping Centre
785 Wonderland Rd. S, Unit S3
(519) 657-6841

Masonville Place
1680 Richmond St. N, Unit L029
(519) 660-6135

White Oaks Mall
1105 Wellington Rd. S, Unit 413
(519) 691-0494

CHATHAM

Downtown Chatham Centre
100 King St. W
(519) 351-9493

Offer only available from Rogers or Rogers Authorized Dealer locations until the earlier of December 31, 2011 or while quantities last. Early cancellation fees apply. Offer subject to change without notice, not redeemable for cash and may not be c the later of service installation or online submission in the case of internet/tv offer) for delivery. **1** Available to customers who activate two new lines (hardware upgrades excluded) on a Rogers Couples and Family Voice & Data Plan with 3-yr. term. **$679.99 (plus applicable taxes). 2** Available to customers who have subscribed to both Rogers Digital TV (Digital Basic or above) and Internet (Lite tier or above) with 2-yr. term and requested installation of cable TV and Internet services before **(plus applicable taxes).** ™Trade-marks of Samsung Electronics Co. Ltd., used in Canada under licence. ™Rogers, Mobius & CityTV are trademarks of Rogers Communications Inc. or of an affiliate used under license. ©2011

Weisz so quiet Rachel?

Rachel Weisz is enjoying married life with Daniel Craig, but that doesn't mean she enjoys talking about it with the press. "I'm sorry," she tells the Telegraph.

"I'm a newlywed. I'm still a blushing bride and it's really private. I can't tell you anything."

"I read that I wasn't drinking alcohol because I was pregnant. It's not true," she says.

"I was asked [about having children] by a journalist recently and I think I said, 'You never know,' and it was turned into something else entirely." METRO

Baby mama drama not affecting the Biebs

▶ Justin Bieber and Selena Gomez

Justin Bieber seemed worry-free over the weekend, despite reportedly taking a DNA test to clear up a paternity suit brought against him, according to Us Weekly. The Canadian pop star was all smiles at a rehearsal for the American Music Awards, serenading girlfriend Selena Gomez. "At one point Justin even sang I Feel Good a la James Brown," a source says. "They were totally adorable. They were snuggling in between takes. They look as in love as ever." METRO

She's back to the Brits

After her year of college in the U.S., Harry Potter star Emma Watson is happy to be back in the U.K. studying at Oxford University.

"It's really nice ... just to have that steady routine and back being home, being around people I love and doing what I love," Watson tells People magazine.

"I'm studying and really excited about my next projects. I can't really talk about them right now, but I am going to try and fit in some film projects next year in between school." METRO

▶ Emma Watson

@Colin_Hanks
Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.
@PamGrier
We do not stop playing because we are old, We grow old because we stop playing.
@taylorswift13
I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.
@pattonoswalt
"You just don't get it, man." -- my body fat, whenever I attempt exercise.

Driving away a divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of $100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday.

It's unclear if Moore accepted the gift or if Kutcher had to return it. METRO

E ARE TWO WAYS TO GET A
ET ON US.

1 Sign up any 2 of the hottest new smartphones to a Rogers Family Plan.[1]
3-yr. voice & data plan required.

OR

Switch to Rogers Digital TV and Internet – the fastest Internet available.[2] 2
With 2-yr. term on select tiers. Speed comparison based on Rogers Ultimate Internet tier.

CALL 1 866 939-6786 CLICK rogers.com/tabletoffer
VISIT Your local Rogers Retail store

ONLY AT ROGERS

combined with any other offer. Limit one tablet per account per offer. See rogers.com/tabletoffer for full terms and conditions. Online submission form at rogerspromotions.com/tabletoffer/ must be completed within 30 days of activation. Allow 3-4 weeks from online submission (or from Customers who select expedited tablet delivery and cancel their service within 15 days of activation in accordance with their Rogers Wireless Service Agreement, rendering them ineligible for the $0 tablet, must return it in original condition or will be charged December 31, 2011. Customers who cancel their service within 30 days of activation in accordance with the terms of their Rogers Cable Service Agreement, rendering them ineligible for the tablet, must return it in original condition or will be charged $679.99

3 life

Taylor-made abs

Women sighed, men gasped
Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but everything was based on the moment he took off his shirt."

When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

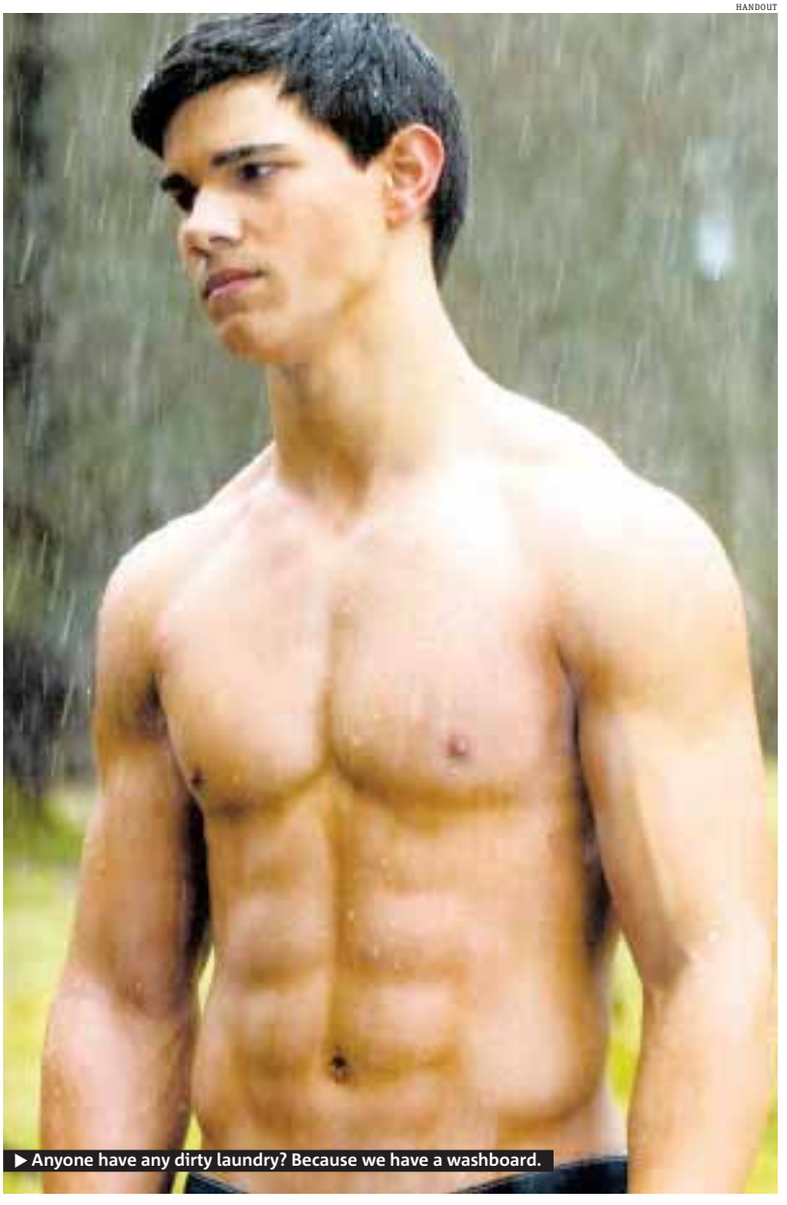
"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

YUAM'S 3 TIPS

1. **TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
2. **TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
3. **VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

HANDOUT



▶ Anyone have any dirty laundry? Because we have a washboard.

A new study shows

1 oz.

Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite and could help get rid of belly fat. Just one ounce (approx 30 grams) a day of raw walnuts, hazelnuts or almonds can boost happiness and heart health.

METRO WORLD NEWS

AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say

Finish the look

Taylor's tan

Give your skin a healthy glow with Clinique's non streak bronzer. Clinique skin: Non-streak bronzer.

CLINIQUE
$16
clinique.com

Slip it on

Sunspel: track pant dark indigo mélange

SUNSPEL
$ 80
sunspel.com

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registereddietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 milligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

Thoughts on ... Trying

JUST DO IT. Why should we try to learn something new every day?

Its good for you, it boosts your confidence, makes you more adaptable and better able to cope with life.

It keeps your mind active and stimulated, makes your more interesting, and expands your social horizons.

This is the means by which you will grow and develop.

Get uncomfortable one step at a time, slowly stretching beyond your comfort zones.

When you challenge yourself to try something new you feel a sense of accomplishment and awe.

So begin today. Emphasize the trying, not the succeeding.

You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

BANANASTOCK/THINKSTOCK

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. *– Pauline Anderson*

In a hurry? Warm-up with piping hot wintery soups

Battle cold-weather chills on-the-go with the season's comfort dish — tummy-warming soup Piping Kettle Soup offers perfect takeaway lunch

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Mmmm, good warming soulful soup. Piping Kettle provides the consummate nourishment that is so right when you need comfort or a quick on-the-go lunch.

Amid the noontime market options, a lineup identifies this take-out eatery as the place to try. It moves quickly and I am suddenly in front of a simple kiosk looking at 10 soups at surprisingly low prices.

PAUL MITCHELL

▶ The soup offerings change daily at Piping Kettle Soup.

Piping Kettle Soup Co.

Covent Garden Market, 130 King St.
519-642-SOUP
Reservations: No
Licensed: No
Quick solo lunch: Yes
Rating: 4.0 out of 5

I bypass their soup/sandwich combo option ($5.65) and instead choose to sample a small cup ($2.50 ea.) of three different selections.

My thick, rich-tasting Broccoli and Cheddar is poured over cheddar cubes. Potato Leek and Bacon has large vegetables, more creaminess and an overwhelming bacon taste.

Turkey Chili is mild, lacking fat, but full of beans and meat.

Although diverse in flavour, they are really sensuous. I enjoy my guest's medium Jambalaya ($3.50/12 oz.) with its lingering heat.

Piping Kettle changes their affordable menu daily to provide a tasty soup adventure every time.

FOODLAND ONTARIO

Apple bread pudding

This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Preparation:

1. Place bread cubes in slow cooker.
2. Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
3. To serve, spoon into bowls, drizzle each with 15 ml (1 tbsp) maple syrup.

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins

4 eggs

- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

FOODLAND ONTARIO

Get stuffing — chicken, that is

Apples, almonds, blue cheese and dill offer a twist to chicken breasts

Ingredients:

- 4 boneless, skinless chicken breasts about 150 g (5 oz) each
- 150 g of crumbled blue cheese
- 125 mL (1/2 cup) slivered almonds
- 1 apple (preferably McIntosh, Gala or Fuji), peeled, cored and diced
- 15 mL (3 tbsp) chopped fresh dill
- Salt and freshly ground black pepper
- 20 mL (4 tbsp) olive oil
- 20 mL (4 tbsp) of dried minced onion

You get a bounty of flavours in every bite with this unique chicken-stuffed dish.

Serve with brown rice cooked in chicken broth (and tossed with fresh parsley), angel hair pasta tossed with olive oil and fresh basil or side veggies.

Preparation:

1. Coat a shallow roasting pan with cooking spray. Using a sharp paring knife, slice a pocket into each chicken breast, as if halving a bagel, without completely cutting through the other side. Arrange chicken in prepared pan and set aside.
2. In bowl, combine blue cheese, almonds, apple and dill and dill. Add a pinch each of salt and black pepper. Mix together with fork until mixture is well blended and comes together.
3. Divide mixture into 4 equal portions and spoon each portion into the pocket of the chicken. Brush olive oil all over the top of the chicken and season with salt, pepper and dried onion.
4. Place in prepared pan and bake in 200C (400 F) oven for 25 to 30 minutes until chicken is golden brown and cooked through.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/CROCK-POT

THE CANADIAN PRESS/HANDOUT

Almond chicken

▶ Liven up dinner with this flavourful chicken dish.

ISTOCK

▶ If someone you know lost their job, try not to draw unnecessary attention to the situation.

JOB LOSS CAN BE A TOUCHY SUBJECT

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? – Jane

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw unnecessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

YOU'RE SEXY AND YOU DON'T KNOW IT

Hi, I just turned 30 and it's been a couple of years since I've dated. I didn't date mostly because of my weight, which I'm now starting to work on. I'm really social, have lots of friends and people do compliment my looks despite this, but I'm still freaked out about getting close to someone. I am interested (secretly) in one of my best buddies. He'd be great to go out with, but the problem is I know that he's a superficial guy and wouldn't see me that way. I'm worried that he's not the only one, and that I'm only eligible for weirdos. Help?
– Dateless

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear Secret Hottie,

It's pretty hard to be successful, loved and happy when you see yourself as the pits, isn't it?

First step is to get rid of that mentality. If you want to open up emotionally and date again, you can't settle for less than a 10, not the other way around.

To attract that kind of guy, practice. Just like exercise for the body, whatever makes you feel gorgeous, vibrant and alive needs to be part of your daily routine.

The second you start thinking negatively, catch yourself and consider alternatives.

Changing your mental chatter will help open up doors you didn't know existed.

Claire: Dear Secret Hottie,

You haven't told us how overweight you are, but the fact that you're working on it is excellent.

My sister is pretty wise for a 20-something who chose to live in one of the coldest cities on the planet (yay Calgary!), and she's right: Whatever makes you feel gorgeous, strong and happy must become part of your life until the day it dawns on you that you *are* gorgeous, strong and happy.

And remember that most people are so worried about their own deficiencies that they barely notice those of others.

I have fallen for men who were less than lovely to look at simply because they were damn smart, damn funny and had no idea they were verging on damn ugly — and ugly you are not. Keep us posted.

You already sound gorgeous.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Professors get $1.6M backing to fight bullying

Two Canadian university professors are putting their heads together to come up with practical advice to help deal with bullying.

The project is being led by Professor Debra Pepler of York University in Toronto and Professor Wendy Craig of Queen's University in Kingston, Ont.

The two will work with partners on 10 projects designed to bridge the gap between scientific knowledge about violence prevention and practice in the community.

"Research findings about violence prevention are not getting to adults involved in children's lives."
PROF. DEBRA PEPLER

Strategies, tools and materials will be widely distributed throughout Canada, with the help of 40 other youth-serving organizations.

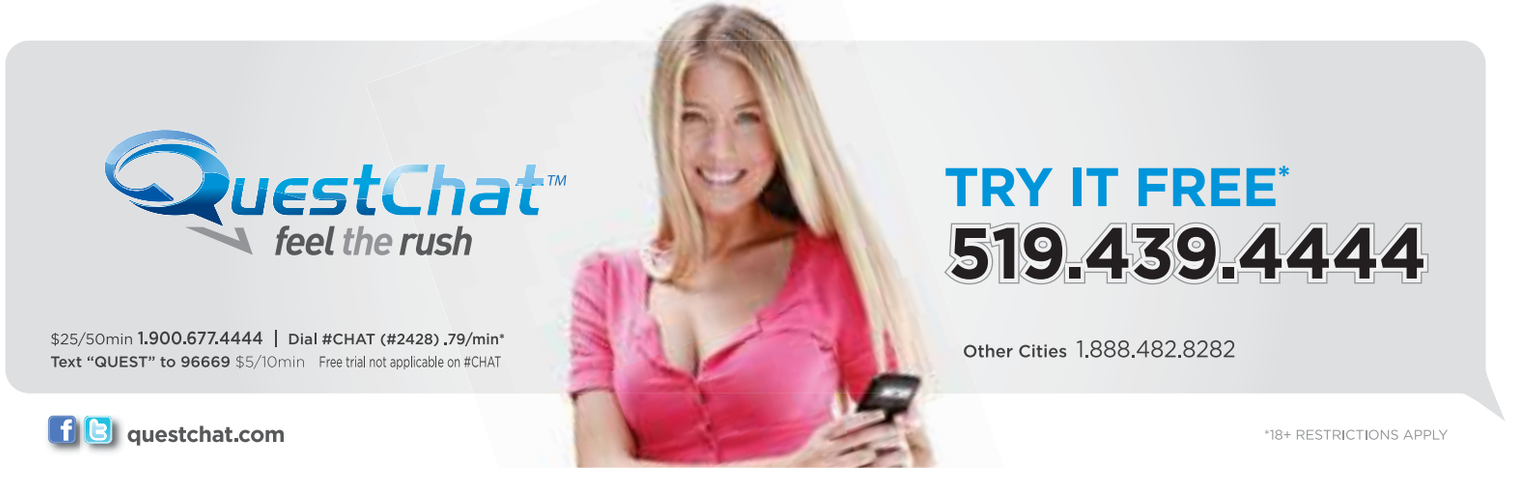
Bullying has become a hot topic among youth, educators and parents, with many recent incidents making news, including some that resulted in suicide.

The four-year, $1.6-million initiative is being funded by the Network of Centres of Excellence.

"Research findings about violence prevention are not getting to adults involved in children's lives, such as parents, teachers and recreation leaders," said Pepler.

"Young people also need this knowledge to prevent violence and promote healthy relationships."

THE CANADIAN PRESS



FORGET GIFTS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Do you want to do something really memorable for your friends and family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities. The program is very simple; create your account, choose the design of your 'stocking', determine how much money you'd like to raise and pick the charities you want to support. Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested in supporting, do a little soul searching. What are you passionate about? Ensuring children have affordable access to sports? Providing financial literacy education?

Align your giving with an organization that represents your passions. National organizations, like Canadahelps.org and Imagine Canada, or your local community and volunteer foundations can provide you with lists of charities that reflect your values.

Be bold this holiday season! Use the spirit of giving to uplift your community.

Put your money needs first

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money. But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa!

I told Mariah and Dawn to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

Dollars and sense

Three resources for the sandwich generation:

- **Credit Education Week Canada:** cewc.ca
- **Financial Consumer Agency of Canada:** fcac.gc.ca
- **Investor Education Fund:** getsmarteraboutmoney.ca

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough budget so the twins know exactly where their parents stand.

Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ISTOCK

▶ Alison's money rule: If you're part of the sandwich generation help yourself first in order to help your family best.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

U.S. airlines go after high-flyers

▶ Most-prized customers are getting new seats that turn into beds, large flat-screen TVs and savoury food and wine ▶ Airlines upgrading lounges and aircrafts

Flying has never been so good — for those able to splurge.

While most Thanksgiving travellers will fight for overhead bins and go hours without a snack or room to stretch their legs, life in first class is stress free. It's always been a special place on the other side of the curtain. Now, it's getting even cushier.

U.S. airlines, profitable again after a disastrous decade, are spending almost $2 billion to upgrade amenities for their highest-paying customers.

On the most profitable international routes, high fliers are being treated with preflight champagne, flat-screen TVs and seats that turn into beds.

Flight attendants greet them by name, hang up jackets and serve meals on china.

The lavish treatment is meant to keep people like Tim Carlson happy. Carlson, the chief financial officer of a semiconductor materials company, has taken 189 flights in the past two years, travelling 353,176 miles on United and its partners.

After the pilots, Carlson might just be the most important person on the plane. United will do anything to make sure another airline doesn't steal his business.

Agents call him about delays and reroute him so he doesn't miss meetings.

"I go to the top of the list for the next flight," Carlson says.

Most of the 3.4 million Americans expected to fly this holiday week won't get anything close to that treatment.

8% First-class and business-class passengers make up only 8 per cent of international travellers but account for 27 per cent of revenue, according to the International Air Transport Association.

They've paid a little under $400 for their round-trip tickets. And it's a cutthroat business. To save $5, passengers are likely to choose another airline.

So, it's no surprise that the most loyal customers, and those willing to pay more for better services, are the ones airlines want to reward.

"There is a war going on for the profitable passenger," says Henry H. Harteveldt, co-founder of the travel firm Atmosphere Research Group.

Airlines are focusing on three areas:
- Giving passengers a full night's sleep.
- Stimulating taste buds.
- Providing escapes from the chaos of airport terminals.

But for the vast majority of passengers, the gap is growing between the front of the plane and the back. That's because the airlines know what matters to the average traveller. And it's not caviar.

"They want their luggage. They want to arrive on time. They want the airplane to be clean," says Andrew Nocella, US Airways senior vice-president of marketing.

"Most importantly, they want a low fare."

THE ASSOCIATED PRESS

TONY AVELAR/THE ASSOCIATED PRESS

▶ Not too shabby at all: The new first class interior section of a United Airlines 747 plane at San Francisco International Airport.

Crosby returns in style

Penguins star quick to get on the board in first game since his January concussion

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby scores his first goal of the year on his first shot last night against New York goatenderl Anders Nilsson in Pittsburgh.

There were lofty expectations surrounding Sidney Crosby's long-awaited return to NHL action, and the Pittsburgh Penguins captain delivered almost immediately with a goal fit for a superstar.

Crosby opened the scoring of Pittsburgh's game against the New York Islanders last night. He collected the puck near centre ice, carried it into the Islanders' zone, muscled his way past Islanders defenceman Andrew MacDonald and flipped a backhand over goaltender Anders Nilsson.

The goal, at 5:24 of the first period, came on Pittsburgh's first shot of the game.

Crosby wasn't done there. He scored on a backhand from a sharp angle in the third period, ringing the puck off the post and past Nilsson, and added a pair of assists to lead the Penguins to a 5-0 win.

For the Stanley Cup champion and Olympic gold medallist, this was more proof that Crosby knows how to deal with the burden of great expectations.

He's experienced the pressure to perform at an elite level since he was a 13-year-old whose immeasurable talent made him a household name throughout Canada. The same pressure he felt as an 18-year-old debuting in the NHL in 2005, and as a 22-year-old carrying the weight of an entire nation at the 2010 Vancouver Olympics.

What figured to be the most routine of November regular-season games, a Monday-night Islanders-Pittsburgh matchup, was transformed into perhaps the NHL's most anticipated when the Penguins revealed yesterday that Crosby would play following a 10 months-plus concussion layoff.

Suddenly, tickets that were selling online for $150 US doubled and tripled in price.

"I've never been away from hockey for that long, so I'm just excited to play again."
SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

Even with so little advance warning, TV crews and reporters from two countries poured into the Consol Energy Center yesterday, eager to hear every one of Crosby's words, analyze each one of his shots and shifts. The ABCs of hockey — CBC, RDS, TSN, and ESPN, USA Today among them — all were there among many, many others.

The crowd roared as Crosby's name was announced during the pregame skate, and fans held up signs that read "Welcome back Sid." A loud chant of "Crosby" lasted until just before the U.S. national anthem.

Everyone wanted to see Crosby again. On the ice. For real, not just in practice. Even the opposing team.

"It's obvious we realize the magnitude of this," said Islanders centre Josh Bailey. "It's huge. It's great for the game when you're getting your best player back. It's been a long time coming and you never like to see anyone go through what he's gone through. We know how hard he's worked to get back. It's exciting for everyone."

THE ASSOCIATED PRESS

Bautista not sold on Verlander as MVP

NATHAN DENETTE/THE CANADIAN PRESS

"The bottom line is that I wasn't chosen but, at the same time, I know that he had a great season and I feel excited for him ... I'm not knocking on Verlander or the year he had."
TORONTO'S JOSE BAUTISTA ON AL MVP WINNER JUSTIN VERLANDER

Jose Bautista doesn't think starting pitchers should qualify for MVP awards.

The Toronto Blue Jays slugger spoke out after Detroit Tigers ace Justin Verlander took the American League MVP award yesterday ahead of Boston's Jacoby Ellsbury and Bautista.

"There's nothing in the criteria that says a pitcher cannot receive the award," said Bautista on a conference call. "But at the same time, there's a couple of items that should eliminate a pitcher from receiving the award from the get go."

Bautista was critical of the amount of time starting pitchers play compared to fielders.

"The MVP award states that the player should be on the field for the most amount of games for their own particular team and knowing that us position players have to be out there 150 plus times over ... I don't know, 30, 32, 33 times that a pitcher has to go out there, in my eyes that's pretty much an elimination right there," said Bautista.

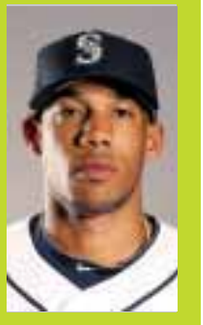
Verlander received 13 of 28 first-place votes and 280 points in voting announced by the Baseball Writers' Association of America. Ellsbury came second with four firsts and 242 points, followed by Bautista with five firsts and 231 points.

Verlander is the first starting pitcher to win an MVP in 27 years. He was given the Cy Young Award as the league's best pitcher on Nov. 15 after winning 24 games in 34 starts with a 2.40 earned-run average and 250 strikeouts.

THE CANADIAN PRESS

4 sports

Sports in brief



Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a young man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Scan code for more sports.

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

General Help

Start with **Primerica** and build a new career in Financial Services. PT/FT, will train.
Jim Duddy 519-474-2484 Ext 174

Business Opportunities

Business Opportunities

Mac's
BUSINESS PARTNERS WANTED
Mac's Convenience Stores is the Number One Convenience Store Retailer in Canada and 2nd largest Convenience Retailer in North America.
All great journeys begin with a single step, take that step as a Business Partner in the following areas:
Niagara Region & Surrounding Areas
Sarnia & Surrounding Areas
OPEN HOUSE
Thursday November 24, 2011
9:00am-6:00pm
Ramada Inn London
817 Exeter Rd London, ON.
N6E 1W1

Part Time/Temporary/Seasonal

Seasonal Inbound CSR Positions Available! Looking for 25 CSR's for Major Electronics Retailer. Starting wage of $10.50/hr, Starting on Dec 5th to January. Must work all holidays. $250 bonus upon contract completion with perfect attendance.

Apply Online at www.transcom.com/work

RENTALS

Rooms Furnished

Large, furnished room, clean, shared kitchen, shower, close, to downtown & bus route. For MATURE non smoker, inc parking, first & last, $**350.00** mthly Call Ann at 519-663-5212

MERCHANDISE

Merchandise for Sale

1910 HARLEY DAVIDSON MOTOR CYCLE picture - has authentic certificate, rare & mint condition. $65.00
519-474-4606

2 pair new levi boot cut Orange Tag Jeans
Men size 36 Waist- 34 leg
$50.00 for both
(519)453-8798

4 IBEX FLANNEL SHEETS QUEEN SIZE
New still in package
$10.00 each
519-453-8798

AVON
Catalogs Available!
Call Dianne 519-471-8825
avlady@ody.ca

Brief case
In mint condition.
$ 6.00.
(519) 681-5587

Clear Christmas lights (Crown)
Outdoor. $ 5.00 each.
Please call (519) 681-5587

Merchandise for Sale

Comforters
Queen & Double Sizes
$5.00 each
(519) 681-5587

Corduroy Jacket By Talbots.
Dark Brown, Size 14p, Still New.
$ 8.00.
(519) 681-5587

Dressy pants, colour olive green, navy & dark brown, looks like new, made by Talbot's. $ 10.00 each.
(519) 681-5587

HARLEY DAVIDSON TEDDY BEAR
(as new)
$18.00
519-474-4606

Holmes Cool Mist Humidifiers Table Top Model
$22
Call 519-453-8798

Ladies blue jeans pants
size 12P In good condition
& still in style $ 6.00 each
(519) 681-5587

Ladies hand bag by Kathy Van Zealand
Brown & in good condition.
Not too big. $ 8.00.
(519) 681-5587

Ladies wool coat 3/4,
size 10P
$ 20.00
(519) 681-5587

Mens Shirts Size Large
Mens pants size 36W - 30L
$4 each Pants and $3 each shirts
519-453-8798

THarley Davidson Wallet with Chain
Genuine leather (gently used)
$12.00
(519) 747-4606

Tweed jacket for winter
Pink Medium Petite
$8.00
(519) 681-5587

Weekend luggage by Samsonite
In mint condition.
$ 15.00
(519) 681-5587

Wooden Shoes!
Mens size 10/11
$25
Call 519-453-8798

PETS

Dogs

Siberian Husky Pups CKC Reg.
Training started/vaccinated/microchipped
Color and age choices. Gentle temperment
Call 519-294-0494

SERVICES

Psychics

Psychic Readings by Jessica -
Help in all problems!
Call for free reading 305-456-9714

Does your parrot talk too much?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

HEALTH & BEAUTY

Massage/Therapists

Become a Certified Practioner In:
Reg. Reflexology, Aromatherapy Massage, Reiki, & Hot Stone. **(519)-694-4325**
w.ocr.edu/teachers/kotsovos.htm

HOUSEHOLD SERVICES

General Services

Do you suffer from knee pain?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.
Contact us now!
See if you qualify.
Participants will be compensated up to $300.00
Contact KGK SynergizeClinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com
KGK synergize

FALL EAVESTROUGH CLEANING
Lowest Rates/ Fully Insured
226-688-6090

Jack of all Trades -14 years Experience
Anything you need done - Free Estimates
Can do ANYTHING and EVERYTHING!
Call George at 519-521-8365

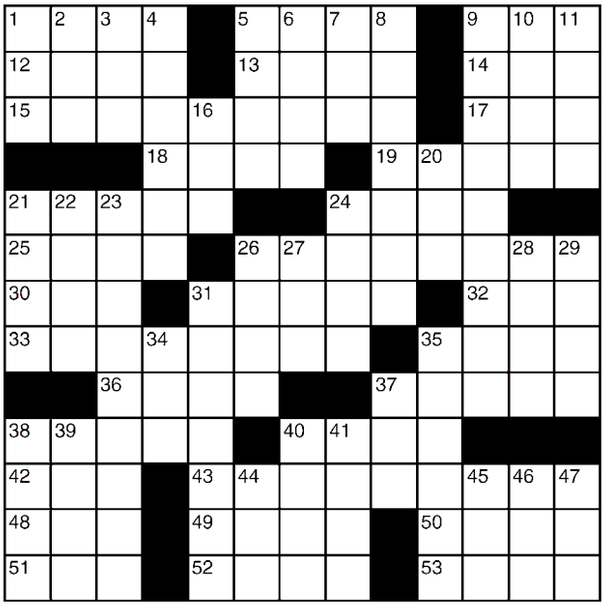
DEREK SCHWARTZENTRUBER DJ SERVICE
Booking Now for Christmas Parties!
Wide Range of Music/State of the Art Equip.
Competetive Rates - Call **519-854-9966**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

LOOKING FOR A NEW PAD?
Read metro home every Thursday.

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



Across

1 Perjured oneself
5 Start from scratch
9 Craze
12 Farm fraction
13 Fermi's tidbit
14 Salt Lake athlete
15 Sprout
17 Depressed
18 Elevator name
19 Uncomfortable, as a mattress
21 Denominations
24 "Frasier" actress Gilpin
25 Verifiable
26 Light snowfalls
30 Have a bug
31 Pops
32 Hearty brew
33 Bring to mind
35 Pack cargo
36 Levin and Gershwin
37 Verses
38 Huge mistake
40 Hawaiian island
42 Literary collection
43 End
48 Performance
49 Therefore
50 Two-way
51 Witness
52 Beams of sunlight
53 Read cursorily

Down

1 Trail the pack
2 Lemieux milieu
3 Goof up
4 Remove a stripe, maybe
5 Hindu royal
6 Greek vowels
7 Web address
component
8 Brunch entrees
9 Denounce
10 On
11 Moist in the morn
16 Where — at
20 Spoon-bender Geller
21 Celebrity
22 One of HOMES
23 Reach a peak
24 Carson's predecessor
26 Corn castoffs
27 Rhyming tribute
28 Latch (onto)
29 Stitches
31 "Are You — Than a 5th Grader?"
34 Before
35 Noises
37 — Beta Kappa
38 Sheepish remarks?
39 Formerly
40 Group revelry
41 Andy's pal, on old radio
44 Historic time
45 Arctic diving bird
46 Mai — (cocktail)
47 Shade provider

▶ Yesterday's answer

A	L	T	S	■	S	I	R	■	S	A	G	S		
R	E	L	I	A	N	C	E	■	C	L	U	E		
K	I	C	K	B	A	C	K	■	R	A	R	E		
■	■	■	K	E	G	■	I	C	A	R	U	S		
L	I	M	I	T	■	S	N	O	W	■	■	■		
A	D	A	M	■	P	A	D	D	L	E	S	■		
B	E	Y	■	T	R	U	L	Y	■	W	A	S		
■	S	O	M	E	O	N	E	■	P	E	R	U		
■	■	■	E	R	M	A	■	A	E	R	I	E		
S	A	L	A	M	I	■	O	W	E	■	■	■		
P	L	U	G	■	S	I	D	E	K	I	C	K		
A	O	N	E	■	E	V	I	D	E	N	C	E		
S	E	A	R	■	S	E	N	■	D	A	L	Y		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

8			3		2			7
	3		4		1		6	
		7				1		
		3	8		6	2		
9								5
		4	5		3	7		
		6				9		
	7		6		9		5	
1			2		4			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	5	6	4	1	8	9	3	7
1	8	9	3	5	7	6	4	2
3	7	4	2	9	6	5	8	1
4	1	5	6	7	3	8	2	9
6	9	3	5	8	2	1	7	4
8	2	7	9	4	1	3	6	5
7	6	2	1	3	9	4	5	8
5	3	1	8	2	4	7	9	6
9	4	8	7	6	5	2	1	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were alway hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. **MOMMY**

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! **YOUR BUTTERSCOTCH COOKIE**

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. **RDOMO**

Today's horoscope

♈ Aries March 21-April 20 What you did before is irrelevant – it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug.23 You have always been adventurous, but over the next few weeks there will be no limits at all.

♍ Virgo Aug. 24- Sept. 22 Don't keep your dreams to yourself – share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20 Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♒ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♓ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

SALLY BROMPTON

Caption contest

FRANCOIS MORI/THE ASSOCIATED PRESS

LAI SENG SIN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS
Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.
All kisses will appear online and a selection will appear in print too!
Visit metronews.ca daily to see who loves whom, or...who loves you!
metro

METRO LONDON KNIGHT

John Labatt Centre – Sunday, November 20, 2011

Congratulations to all our Metro *Spin the Wheel* winners!

Winner of the Sunquest Trip for Two to Jamaica
TOM WRIGHT
pictured with daughter

Winner of the Sunquest Trip for Two to Mexico
JOHN HENDERSON

Winner of the $500 Gift Card to the Bay
GAIL TOOKE

Winner of the $500 Gift Card to Home Outfitters
JOSH WHYTE

Winner of the $500 Gift Card to No Frills
GARY THOMAS

Winner of 1 of 4 Best Buy remote control helicopter
TOM WILLIS

Winner of 1 of 4 Best Buy remote control helicopter
BILL BILICKY

Winner of 1 of 4 Best Buy remote control helicopter
MIKE TREMBLEY

Winner of 1 of 4 Best Buy remote control helicopter
JIM AKIENS

All contest winners have been notified on how to claim their prizes.

Seen here with London Knights mascot are Charlotte Piper, Sales Manager, and Irene Patterson, Metro London Publisher.

Katie Naus, Metro London Graphic Designer, looks on with delight as all ages win great prizes at the Metro *Spin to Win* wheel.

Loyal Metro reader and London Knights fan, teaches his son to take a spin at the Metro wheel while Metro Canada's Art Director, Laila Hakim, cheers on.